

UNEVEN BARS—LEVEL 10 (3A, 3B, 2C): SV 9.5 Max. of .50 Bonus (min. +.10 D/E and +.10 CV)

Award extra +.10 (not in SV) if exercise has a 10.0 SV and min. of .60 total bonus, incl. "E"

SPECIAL REQUIREMENTS .50 ea

- One (1) flight element, min. C, excluding dismount
- 2nd different flight element, min. B, excluding dismount
- One element w/ LA turn of 180° or more (min. "C", excl. mt/dismt)
- Salto Dismount, min. "C"

BONUS CONNECTIONS

+1	+2
CC Group 3,6,7 skills connected <i>Turn/Flight not required. Must be different</i>	N/A
CC Turn/Flight required both skills CD/E no Turn/Flight required	DD <i>or more difficult</i>

"B" release element from HB to LB raises to "C" if directly follows a "D" or "E" release without counterswing

UB COMPOSITION LEVEL 10

CHOICE OF RELEASES

Release Elements

No Ded.	D--D
	<i>min. of 2 diff. D or E elements</i>
0.05	DC <i>directly connected</i>
0.1	D--C <i>isolated</i>
0.15	CC <i>directly connected</i>
	D--B <i>isolated</i>
0.2	C--C <i>isolated</i>
	C B <i>or less</i>

CHOICE OF ELEMENTS (2 OF 3 req.)

1. FWD element (circle or release)
2. Group 3/6/7 element, min. B
3. Min. 180° LA turn "C" elem., w/wout flight

Element Choices Performed

No Ded.	2
	<i>Two out of the three choices</i>
0.1	1 <i>One out of the three choices</i>
0.2	0 <i>Non of the three choices performed</i>

CHOICE OF DISMOUNT

Dismount Elements

No Ded.	D/E	DC
		<i>directly connected</i>
0.05	CCC <i>directly connected</i>	DCC <i>directly connected</i>
0.1	CC <i>"C" or less connected to "C" or less</i>	

Facing same direction entire exercise (excl. Mount/Dismt.) Full pirouette does not fulfill .10

Lack of 2 bar changes .20

More than 1 squat on LB w/ or w/out sole circle to grasp HB ea .10

3/4 Fwd Giant circle w/ or w/out grip change. Not elem. Breaks connect. (↓ *horiz, additional .10*) ea .10

Uncharacteristic elements ea .10

More than one extra swing/cast following an element **0.50 max

Oct. 6, 2021 Email corrections to: Sharyn@usacompetitions.com

UNEVEN BARS—LEVEL 9 (3A, 4B, 1C): SV 9.7 Max. of .30 CV Bonus

Restriction: Only "A/B/C" elements & "B/C" root elements with full pirouette (D) are allowed

May perform ONE restricted "D/E" element from any group (receives "C" VP credit)

More than one restricted elem. performed: No VP or SR credit. Ded. 0.50 from SV. (exec. & ampl. deductions apply)

SPECIAL REQUIREMENTS .50 each

- Minimum two (2) bar changes
- One (1) flight element, min. 'B' (exclude dismount)
- 2nd different flight element, min. 'C' (exclude dismount) **(or)** One elem. w/ LA turn of $\geq 180^\circ$ min. 'B' (excl. mount/dismount)
One element w/ LA turn of $\geq 180^\circ$ min. 'B' (exclude mount/dismount)
- Salto Dismount, min. 'B'

BONUS CONNECTIONS

+1 CC	+2 CC
One or both 'C's w/o turn or flight (both w/o turn or flight must be different)	Turn/Flight required both skills

UB COMPOSITION LEVEL 9

CHOICE OF ELEMENTS (2 OF 3 req.)

1.	FWD element (circle or release)
2.	Group 3/6/7 element, min. B
3.	Min. 180° LA turn "C" elem., w/wout flight
<i>Element Choices Performed</i>	
No Ded.	2 <i>Two out of the three choices</i>
0.1	1 <i>One out of the three choices</i>
0.2	0 <i>Non of the three choices performed</i>

CHOICE OF DISMOUNT

No Ded.	C
0.05	CB
0.1	BB

Facing same direction entire exercise (excl. Mount/Dismt.) Full pirouette does not fulfill	.10
3/4 Fwd Giant circle w/ or w/out grip change. Not elem. Breaks connect. (↓ <i>horiz, additional .10</i>)	ea .10
Uncharacteristic elements	ea .10

UNEVEN BARS—LEVEL 8 (4A, 4B): SV 10.0 No Bonus

Restriction: Only A/B elements & Cast H.S. 1/2, Clear hip, Stalder and Sole circle BWD to H.S. (also with 1/2)

Allowed to performed ONE restricted "C" element from any group (receives "B" VP credit)

More than one restricted elem. performed: No VP or SR credit. Ded. 0.50 from SV. (exec. & ampl. deductions apply)

SPECIAL REQUIREMENTS 0.50 each

- Minimum one (1) bar change
- One (1) B element with Flight (excl. dismt) **(or)** One (1) with Turn (excl. mt/dismt)
- One 'B' 360° Clear Circle from Grp 3/6/7 (excl. dismount)
- Salto Dismount, min. 'A'

UB COMPOSITION LEVEL 8

Lack of elements that achieve vertical	^ .20
Choice of Dismount not up to the competitive level	^ .10
• 'B' dismt. or 'C' dismt. awarded 'B'	No deduction
• One 'A' element (or non VP) connected to any 'A' dismt.	.10
Uncharacteristic elements	ea .10
3/4 Fwd Giant circle w/ or w/out grip change. Not elem. Breaks connect. (↓ <i>horiz, additional .10</i>)	ea .10

More than one extra swing/cast following an element (all levels) **0.50 max

***1.00 is score awarded to any optional routine that will be awarded a score equal to or less than 1.00**

UNEVEN BARS—LEVEL 7 (5A, 2B): SV 10.0 No Bonus

Only A/B elements & Cast H.S. 1/2, Clear hip, Stalder and Sole circle BWD to H.S. (also with 1/2) allowed
Restricted elem. performed: No VP or SR credit. Ded. 0.50 from SV. (exec. & ampl. deductions apply)

SPECIAL REQUIREMENTS .50 ea

- One (1) Cast to H.S. (**award SR if angle is min. 45°**). *Angle deductions apply (up to .30 each)*
- One 'B' 360° Clear Circle from Grp 3/6/7 (may not be performed w/hips on bar during/at circle completion or w/feet on bar at circle completion)
- One 'B' Circle element (same or different)
- Salto Dismount, min. 'A'

UNEVEN BARS—LEVEL 6 (5A, 1B): SV 10.0 No Bonus

Only A/B elements & One Clear hip, Stalder or Sole circle BWD to H.S. (also with 1/2) allowed

Restricted: Flight elements from bar to bar and C/D/E VP's (other than listed above)

Restricted elem. performed: No VP or SR credit. Ded. 0.50 from SV. (exec. & ampl. deductions apply)

SPECIAL REQUIREMENTS .50 ea

- One (1) Cast, minimum 45° above horizontal (award SR if above horizontal)*
- One (1) Bar change (must perform VP on both LB & HB to fulfill)
- One (1) 360° Clear Circle from Grp 3/6/7 (may not be performed w/hips on bar during/at circle completion or w/feet on bar at circle completion)
- Salto Dismount, min. 'A'

Level 6 Cast: NO amplitude deductions for cast if angle is 45° from vertical or higher

- ^ .30 amplitude deductions begin at BELOW 45° from vertical
- Deduct 0.30 (max) w/horizontal or below cast
- If all casts are horizontal or below, deduct 0.50 missing SR and 0.30 insuf. amplitude (each cast)

Composition deduction DO NOT apply at levels 6 and 7!

UB EXECUTION

3rd run approach mount	.50
Intermediate (extra) swing/cast following an element	each .30
More than one extra swing/cast following an element	0.50 max
Grasp apparatus to avoid fall	.30
Swing FWD/BWD under horizontal	each ^ .10
Insufficient Amplitude of Elements (<i>includes releases</i>)	^ .20
Insufficient Height of Salto dismount	^ .30
Refer to handstand body angle deduction charts	^ .30

CHIEF JUDGE DEDUCTIONS

Coach standing between bars through exercise	.10
Incorrect padding (<i>no warning</i>)	.20
Fail to remove spotting device after release	.30
Fail to remove board after mount	.30
Short exercise—Less than 5 elements (L6 exception)	2.00
Gymnast exceeds 45 second fall time	Terminate

(Group 3—Clear Hip Circles Group 6—Stalder Circles Group 7—Circle Swings)

360° Circle finishes 11° to 20° of vertical: The ded. of .05 for insuff. ampl. of circles is not applied at levels 6/7

***1.00 is score awarded to any optional routine that will be awarded a score equal to or less than 1.00**

UB EXECUTION

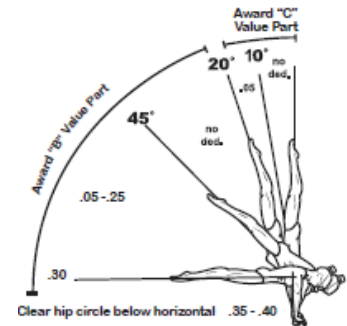
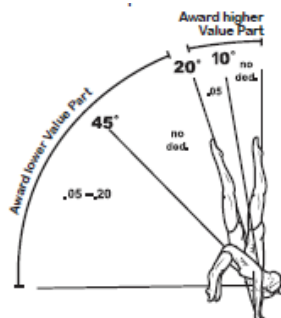
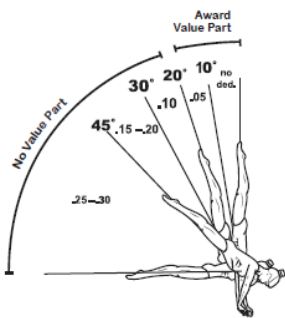
3rd run approach mount	<u>.50</u>
Intermediate (extra) swing/cast following an element	<u>each .30</u>
More than one extra swing/cast following an element	<u>0.50 max</u>
Grasp apparatus to avoid fall	<u>.30</u>
Swing FWD/BWD under horizontal	<u>each ^ .10</u>
Insufficient Amplitude of Elements (<i>includes releases</i>)	<u>^ .20</u>
Insufficient Height of Salto dismount	<u>^ .30</u>
<i>Refer to handstand body angle deduction charts</i>	<u>^ .30</u>

ALTERNATE SKILL CUSHION

(Manufactured Pit Pillow) made of softer foam is allowed at invites (required at State and above). Must be min. of 4ft. X 6ft. and eight (8) inches. May be used for 'C' or higher bar releases ONLY and must be immediately removed. It is NOT allowed for dismounts or landings on any event.

CHIEF JUDGE DEDUCTIONS

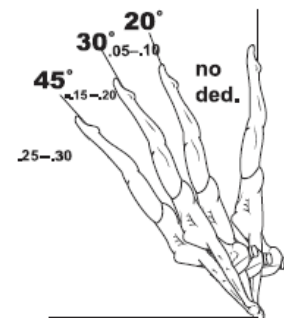
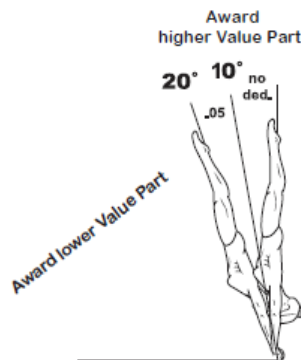
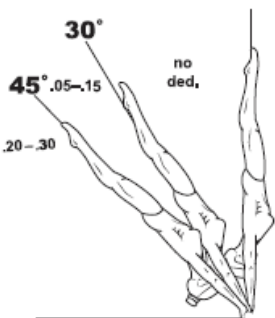
Coach standing between bars through exercise	<u>.10</u>
Incorrect padding (<i>no warning</i>)	<u>.20</u>
Fail to remove spotting device after release	<u>.30</u>
Fail to remove board after mount	<u>.30</u>
Short exercise—Less than 5 elements (L6 exception)	<u>2.00</u>
Gymnast exceeds 45 second fall time	Terminate
**Fall time begins when gymnast stands on her feet	



<u>Casts & Swings to Handstand</u>	
0° - 10°	No deduction
11° - 20°	0.05
21° - 30°	0.1 (no VP)
31° - 45°	.15 - .2 (no VP)
46° +	.25 - .3 (no VP)

<u>All Circle Elements except Clear Hip</u>	
0° - 10°	No deduction
11° - 20°	0.05
21° - 45°	Lower VP, no deduction
46° - ↓	.05 - .2

<u>Clear Hip Circle Only</u>	
0° - 10°	No deduction
11° - 20°	0.05
21° - 45°	"B" VP, no deduction
46° - H.	.05 - .25 (B)
Horizontal	0.3 (B)
↓ Horizontal	.35- .40 (B)



<u>540° & more and Healy technique</u>	
0° - 30°	No deduction
31° - 45°	.05 - .15
46° +	.2 - .3

<u>Flights to Handstand on LB</u>	
0° - 10°	No deduction
11° - 20°	0.05
21° +	Lower VP

<u>Turns in Handstand (1/2 and 1/1 - both arms)</u>	
0° - 20°	No deduction
21° - 30°	.05 - .1
31° - 45°	.15 - .2
46° +	.25 - .3